

Nutrition Facts

Potato Chips
Serving Size 1 oz.

Amount Per Serving

Calories 150 **Calories from Fat** 90

% Daily Value*

Total Fat 10 gm	15 %
Saturated Fat 3 gm	15 %
Cholesterol 0 gm	0 %
Sodium 133 mg	6 %
Total Carbohydrate 15 gm	5 %
Dietary Fiber 0 gm	0 %



Sodium 133 mg 6 %

Total Carbohydrate 15 gm 5 %

Dietary Fiber 0 gm 0 %

Sugars 0 gm 0 %

Protein 2 gm

Vitamin A 0%

Vitamin C <2%

Calcium <2%

Iron <2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
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Total Fat	Less than	65g	80g
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Sat Fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Total Carbohydrate		300g	375g
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Sodium	133 mg	6 %
Total Carbohydrate	15 gm	5 %
Dietary Fiber	0 gm	0 %
Sugars	0 gm	0 %
Protein	2 gm	

Vitamin A	0%	•	Vitamin C	<2%
Calcium	<2%	•	Iron	<2%

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Sodium 133 mg 6 %

Total Carbohydrate 15 gm 5 %

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Sodium	Less than	2,400mg	2,400mg
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Calories	3,000	3,750
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Sodium	133 mg	6 %
Total Carbohydrate	15 gm	5 %
Dietary Fiber	0 gm	0 %
Sugars	0 gm	0 %
Protein	2 gm	

Vitamin A	0%	•	Vitamin C	<2%
Calcium	<2%	•	Iron	<2%

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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

Sugars 0 gm

0%

Protein 2 gm

Vitamin A 0%

Vitamin C <2%

Calcium <2%

Iron <2%

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	Calories:	2,000	2,500
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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Nutrition Facts

Pretzels

Serving Size 1 oz.

Amount Per Serving

Calories 110

Calories from Fat 9

% Daily Value *

Total Fat 1 gm

2 %

Saturated Fat 0 gm

0 %

Cholesterol 0 gm

0 %

Sodium 450 mg

19 %

Total Carbohydrate 22 gm

7 %

Dietary Fiber 0 gm

0 %

Sugars 0 gm

0 %

Protein 3 gm



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Serving Size 1 oz.

Amount Per Serving

Calories 110

Calories from Fat 9

% Daily Value *

Total Fat 1 gm 2 %

Saturated Fat 0 gm 0 %

Cholesterol 0 gm 0 %

Sodium 450mg 19 %

Total Carbohydrate 22gm 7 %

Dietary Fiber 0 gm 0 %

Sugars 0 gm 0 %

Protein 3 gm

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Calories 110

Calories from Fat 9

% Daily Value*

Total Fat 1 gm

2 %

Saturated Fat 0 gm

0 %

Cholesterol 0 gm

0 %

Sodium 450mg

19 %

Total Carbohydrate 22 gm

7 %

Dietary Fiber 0 gm

0 %

Sugars 0 gm

0 %

Protein 3 gm





DID YOU KNOW?

Please Take A Leaflet

New McLean Deluxe.
Hold the fat.

100% pure beef.

2

What's not nutritious
in our salad?



We're lowering
our cholesterol.

10

We're lowering
our cholesterol.

10

We're lowering
our cholesterol.

10

What's not nutritious
in our salad?

1

Introducing our
lowfat breakfast.

4



Calories.

11















